

# FORGING THE FUTURE:



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## Friday FACTS

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"Leadership, Partnership, and Championship"

### NEHC Workshop Update

The full agenda for the 42nd Navy Occupational Health & Preventive Medicine Workshop is now available on the NEHC Homepage ([www-nehc.med.navy.mil/workshop](http://www-nehc.med.navy.mil/workshop)). Online registration began Monday, 3 December 01. All Health Promotion sponsored sessions and courses can be viewed by clicking on the Health Promotion speciality. Health Promotion courses and sessions for the workshop are targeted towards IDCs, PMTs and others who may be fairly new to Navy and Marine Corps Health Promotion.

Health Promotion sessions and courses at the NEHC Workshop are more limited than in past years due to NEHC Health Promotion's cosponsorship of the second DoD Health Promotion and Population Health Conference, which will be held at the Baltimore Convention Center 9-16 August 2002. The DoD Conference will give attendees the opportunity to hear National presenters and trainers from the Health Promotion, Population Health and Epidemiology arenas. The details of the DoD Conference are still in the planning phase, but as soon as they become available, a link will be initiated to it from the NEHC HP Conferences & Training Homepage.

### SLEEP

Do you get enough sleep? Most Americans respond no! According to experts, adults need 7 to 8 hours of daily sleep. If one consistently does not get enough sleep, it may lead to problems in work functioning and daily life.



This may include- feeling tired, concentration problems, decreased work performance, increased risk for falls, accidents and injuries, and health problems. An occasional difficulty with not getting enough shuteye is common, and usually occurs during times of change, stress and excitement.

What to do? Often we may not practice good "sleep hygiene" which is what the experts call sleep habits. Good Sleep Hygiene includes the following:

- \* Use the bed only for sleeping and sex.
- \* Go to bed at the same time and get up at the same time every day (including weekends).
- \* Avoid caffeine 6 hours before bedtime.
- \* Avoid alcohol 2 hours before bedtime.
- \* Go to bed when sleepy. If you are unable to fall asleep after 15 minutes, get up and do something relaxing until you are sleepy and return to bed.
- \* If you wake up and can't go back to sleep, get up and engage in a relaxing activity until sleepy, then return to bed.

For additional information on sleep see the National Sleep Foundation <http://www.sleepfoundation.org> American Sleep Disorders Association <http://www.asda.org>

### Winter Blues

The change in weather, and the holiday season may result in some persons experiencing the winter blues, or even some form of depression. We may overeat, sleep more, engage in couch potato activities which may seem to help at the moment yet actually may lead to more dysphasia, fatigue, irritability, isolation and withdrawal...

What to do? If depressive symptoms are interfering with daily life and functioning, see your Doctor! Some self help measures to shake off the minor blues include- spending more time outside in natural light! Exercise more often- especially outside! Eat better and relax more often... Watch your thinking and change your self-talk to a more positive and constructive pattern! Get together more frequently with friends!



***Nothing can be done without  
hope or confidence.***

***-Helen Keller***